



information

PET/CT scan

How to prepare

You have been scheduled for a PET/CT scan. This is a test that uses two different technologies to look at a particular area of the body. It gives your doctor information about what the area being scanned looks like and how it's working. You need to follow a special diet and other instructions before this scan to make sure the pictures are clear.

The day before the scan

- Eat your usual diet for breakfast and lunch.
- Take your usual medicines. (Exception: see special instructions in the box if you take medicine for diabetes.)
- No strenuous exercise until after your test is over.

The night before and the day of scan

Begin a special diet

- **Starting with dinner** the night before your scan, do not eat any carbohydrates. Eat high-protein, high-fat foods. (See chart on the other side.)
- Follow the high-protein, high-fat diet for any meal you eat the night before and the day of the scan. **Stop eating and drinking anything except water 4 hours before your scan.** You may drink water up until the time of your scan. You should take all scheduled medicines with water as you normally would, except you should **not** take metformin or any medicine containing metformin (see page two), and you should follow your doctor's advice about other diabetes medicine (see box on this page).
- **If your scan is in the morning**, it's ok to stop eating after dinner the night before the scan. If you decide to eat something after dinner or in the morning, eat only high-protein, high-fat foods, and **be sure you stop eating four hours before your scan.** **If you have an afternoon scan**, we recommend that you eat a high-protein, high-fat meal some time during the morning. Be sure to follow the instructions on the chart on pg. two, and **be sure to stop eating four hours before your scan.**

Turn over →

If you have diabetes: Important!



- ♦ **If you take metformin, or any medicine containing metformin** (see chart on page 2), **do not take it** on the night before or the morning of your test.
- ♦ **If you take other medicine for diabetes** please **contact the doctor who prescribes this medicine** and ask for advice about changes that are needed, since you will not be eating carbohydrates the night before and the day of your test.
- ♦ This is important for anyone who takes diabetes medicine. It is **especially important** if you take any type of **insulin**, or if you take **glipizide** (Glucotrol or Glucotrol XL), **glimepiride** (Amaryl), or **glyburide** (Glynase, DiaBeta).
- ♦ For patients on diabetes medicine, not eating carbohydrates could mean the **blood sugar could get too low**. This can be very dangerous.
- ♦ **Changes in your diabetes medicine** will depend on the type of medicine you take and other factors.
- ♦ Please be sure you **talk with your doctor about how to manage your medicine and blood sugar checks** the night before and the morning of your scan!
- ♦ If you have any questions, please call us at 617-667-2071.

Follow these instructions starting with dinner the night before your scan. Stop eating four hours before your scheduled scan.

<p>Do not eat carbohydrates or sugars, such as:</p>	<p>You may have fatty, high-protein, unsweetened foods; cooked foods must be fried in butter or olive oil or broiled, but not grilled</p>
<ul style="list-style-type: none"> ▪ bread, toast, bagels, cereal, cookies, crackers, muffins ▪ milk, cheese ▪ pasta, muffins ▪ peanut butter, nuts ▪ potatoes, vegetables, beans ▪ fruit, fruit juice, rice ▪ candy, gum, mints, cough drops ▪ sugar, fructose, sucrose, Splenda ▪ alcohol ▪ regular soda 	<ul style="list-style-type: none"> ▪ chicken, turkey, fish, beef, ham ▪ meat-only sausages ▪ fried or scrambled eggs, prepared without milk ▪ omelet prepared without milk or vegetables ▪ bacon ▪ hotdog or hamburger without the bun ▪ diet soda ▪ coffee or tea without milk or sugar ▪ Sweet’N Low, NutraSweet, Equal are ok ▪ water

Metformin medicine

Do NOT take any medicine containing metformin **on the night before or the morning of the test**. This may not be a complete list. If you are not sure if your medicine contains metformin, ask your doctor or pharmacist.

Do not take:

Metformin hydrochloride (HCL), or Metformin hydrochloride ER, brand names:

- Fortamet
- Glucophage
- Glucophage XR
- Glumetza
- Riomet

Combination products, brand names:

- Actoplus Met
- Actoplus Met XR
- Avandamet
- Glucovance
- Invokamet
- Janumet
- Jentadueto
- Kazano
- Kombiglyze XR
- Metaglip
- PrandiMet
- Xigduo XR